

Blue Monday

ESL Reading Comprehension

Pre-Reading Questions

1. How do you think people talk about 'Blue Monday'?
2. Do you ever feel like no progress is achieved after the winter break or long holidays? (why/why not?)
3. Is your opinion, it is difficult to start a routine again after a long holiday? (why/why not?)



Blue Monday

For some people, the month of January is the perfect time to start achieving new in the beginning of a new year as often there are many new opportunities to be had. However, for other people, January may be one of the hardest months of the year. The days are short and cold, the holiday period is over, people often don't have much money left after spending too much in December, and everyone is getting used to their normal routine again. For anyone who isn't a fan of routines, this time of year can be quite difficult.

In 1991, the idea of 'Blue Monday' was born. It is usually the first Monday of January which is said to be the most depressing day of the year. By week three, a lot of people are missing the family and friends they had fun with over the winter holidays and are forced off being back at work or school. The year has only just started and it feels like a long time and the winter holidays. This is a common concept for those people

Do you think that's fair? Are people too lazy?

Blue Monday is a day when people feel down and sad after the winter holidays. It is usually the first Monday of January. People feel like they have wasted the holiday and are back to work or school. This is a common concept for those people.



Blue Monday

parts of the world as it's probably the coldest and darkest month of the year. It is the time when people are often feeling down and sad after the winter holidays. The days are short and cold, the holiday period is over, people often don't have much money left after spending too much in December, and everyone is getting used to their normal routine again. For anyone who isn't a fan of routines, this time of year can be quite difficult.

For those who can relate to Blue Monday though, there are ways to feel better and start the new year in a positive way. Here are some ideas for January.

Goals for the year

It's a good idea to set goals for the year. This way you can track your progress and see if you are doing well.

Take care of yourself

It's important to take care of yourself. Get enough sleep, eat healthy food, and exercise. This will help you feel better and start the new year in a positive way.

Stay motivated to goals

Staying motivated is key to achieving your goals. Set small goals and reward yourself when you achieve them. This will help you stay motivated and start the new year in a positive way.

Enjoy your activities

It's important to enjoy your activities. Do things that you love and that make you feel good. This will help you stay motivated and start the new year in a positive way.

Remember, Blue Monday is just a day. Don't let it be something sad and depressing. If you don't want to feel sad, you can choose to feel happy.

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Teens
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Monday Morning Guide To Comprehension

Hunter, Maureen



Monday Morning Guide To Comprehension:

The Monday Morning Guide to Comprehension Lee Gunderson, 1995 If you work with elementary school students who don't learn much from workbook style exercises but wonder about the alternative for a Monday morning this book addresses that concern and many more

Three Plays of Maureen Hunter Hunter, Maureen, 2003 Book is clean and tight No writing in text Like New

Look at Me when I Talk to You Sylvia Helmer, Catherine Eddy, 2003 Communicating involves much more than memorizing vocabulary and learning grammar rules As more and more students whose first language is not English are welcomed into our classrooms teachers are finding that communicating effectively with this diverse population requires a sensitivity to cultural issues that affect the way people interact with one another In this revised expanded and updated edition of Look at Me When I Talk to You Sylvia Helmer and Catherine Eddy explore the underlying fundamentals of communication to show how culture influences the messages sent and received Elements of both the theory and practice of communicating in a multicultural setting are discussed and examples from real classrooms illustrate the issues that can and do arise Practical suggestions for helping students learn to cope in their new culture make this book a must read for all teachers working with students who are learning English as an additional language

Developing Curriculum for Emergency Remote Learning Environments Silva, Susana, Peres, Paula, Silva, Cândida, 2022-12-29 All over the world educational institutions confronted emergency policy changes caused by the COVID 19 pandemic Due to this academic activities were provided mostly by remote teaching and learning solutions The transition to emergency remote teaching and learning raised some challenges regarding technical pedagogical and organizational issues It is important for higher education institutions to prepare themselves to deal with future emergency scenarios promoting an in depth reflection about the future challenges in the post pandemic era Developing Curriculum for Emergency Remote Learning Environments supports creating and promoting an education as a business strategy for higher education institutions by sharing possible business models It provides a collection of different approaches to online education in the perspective of the future of education environments Covering topics such as distance learning experiences online practice improvement and remote testing this premier reference source is an excellent resource for educators and administrators of higher education pre service educators IT professionals librarians researchers and academicians

El-Hi Textbooks & Serials in Print, 2005, 2005

Preparing Pre-Service Teachers for the Inclusive Classroom Dickenson, Patricia, Keough, Penelope, Courduff, Jennifer, 2016-10-25 Teachers must be prepared to create an effective learning environment for both general education students and students with special needs This can be accomplished by equipping teachers with the proper knowledge and strategies Preparing Pre Service Teachers for the Inclusive Classroom discusses the latest approaches skills and methodologies on how to support special needs students Highlighting relevant perspectives on technology implementation curriculum development and instructional design this book is an ideal reference source for pre service teachers teacher

educators researchers professionals and academics in the education field Label-free Learning Charlotte Hendrick Keefe, 1996 Teachers as well as students benefit when reliable proven teaching strategies are applied The area of special education is not an exception and as more classroom teachers are becoming involved with children who have learning disabilities they are finding ways to extend their teaching techniques to reach these students and make them part of the classroom community With a focus on literacy development Charlotte Keefe uses the principles of whole language to view these learners and their learning needs from a positive perspective With a rich combination of theory demonstrations teaching strategies methods of evaluation and real teachers experiences she demonstrates how to view children with learning difficulties as readers and writers without measuring their worth against arbitrary standards of average or grade level performance Using real classroom examples she discusses ways of establishing a learner centered literacy program that supports individual learners needs without resorting to traditional labels for those who perform below average in reading and writing By avoiding the deficit model she provides a new viewpoint for evaluating progress and writing IEPs And extending the idea of community beyond the classroom she offers suggestions for collaborating with other teachers and parents to ensure continuity of support Here are ideas as well as encouragement for teachers who want to change their reading and writing programs from a curriculum centered to a learner centered approach and who are looking for alternatives to traditional curriculums Label Free Learning is a valuable resource of practical hands on knowledge whether it is used in an inservice workshop or as a text in preservice special education courses Reading the Web, Second Edition Elizabeth Dobler, Maya B. Eagleton, 2015-06-02 Today s students need to know how to locate comprehend evaluate and use online information efficiently and effectively This widely used teacher guide and course text provides a framework for maximizing students critical creative use of the Web in grades 3 8 Research based strategies for instruction and assessment across the content areas are clearly explained and linked to the Common Core State Standards CCSS In a large size format for easy photocopying the book is packed with graphics sidebars lesson plans and more than 90 reproducible handouts Purchasers get access to a Web page where they can download and print the reproducible materials New to This Edition Incorporates state of the art research and Web resources Chapter on major Web 3 0 developments such as the rise of social media and mobile devices Connections to the CCSS are identified throughout Stronger focus on Universal Design for Learning and differentiated instruction Larger format facilitates photocopying of the updated reproducible tools **Critiquing Whole Language and Classroom Inquiry** Sibel Boran, Barbara Comber, 2001 This book part of the Whole Language Umbrella Series offers a critical reexamination of inquiry and whole language as tools for rethinking literacy schooling and humanistic citizenship in the complexities of today s multicultural world The essays in the book explore the political implications of literacy theories and practices by asking what kinds of inquiries promote or hinder the acquisition of literacies as tools for envisioning critically exploring and reconstructing knowledge and societies that are socially just After an introduction The

Inquirers and Their Questions by the editors essays in the book are 1 What Education as Inquiry Is and Isn't Jerome C Harste
 2 Curriculum as Inquiry Kathy G Short and Carolyn L Burke 3 The Journey from Pedagogy to Politics Taking Whole Language
 Seriously Susan M Church 4 What's It Going To Be Patrick Shannon 5 Critical Inquiry or Safe Literacies Who's Allowed To
 Ask Which Questions Barbara Comber 6 Writing for Critical Democracy Student Voice and Teacher Practice in the Writing
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 Whole Language Lee Gunderson and 14 Inviting Reflective Global Inquiries Politicizing Multicultural Literature Mediated
 Student Voices and English Literacies Sibel Boran RS **El-Hi Textbooks and Serials in Print**, 2006 **Is that Right?**
 Ian Wright, 2002 Brimming with practical activities and assessment approaches framed by discussion of the theory behind
 critical thinking this book offers teachers of learners aged five to fourteen rich ideas for infusing critical thinking across the
 curriculum *Canadian Books in Print*, 2003 *ESL Second-language Teacher's Guide*, 1997 Reading textbook series
 organized by thematic units utilizes award winning unabridged trade book literature to teach reading and language arts
 competency to students grades K-5 **Assessing and Guiding Classroom Reading Instruction** Martha Collins, Earl H.
 Cheek, 1999-06 This text provides classroom teachers with information on developing a systematic procedure for assessing
 reading skill performance and offers prescriptive instruction The first chapter addresses reading as a language process and
 establishes the basic conceptual framework The remainder of the text is organized around five steps that should be followed
 to provide effective reading instruction New to this edition The latest research on teacher instruction for technologically
 advanced students More emphasis on student assessment versus clinical diagnoses The importance of assessing and guiding
 reading through language literacy development is stressed *Subject Guide to Books in Print*, 1997 **Whitaker's Books**
in Print, 1998 **Books in Print**, 1994 **TV Guide**, 1979-04-06 *The Monday Report* Florida. Dept. of
 Education, 1992 *Punch* Mark Lemon, Henry Mayhew, Tom Taylor, Shirley Brooks, Francis Cowley Burnand, Owen
 Seaman, 1921

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